

# Assessment

## Touch / Flag Football

Name \_\_\_\_\_ key \_\_\_\_\_

### FILL IN THE BLANK

Choose from the following word bank to fill in the blanks.

diamond  
up  
touchdown

five  
laces

waist  
field

four

1. When catching a football, the player should make the shape of a \_\_\_diamond\_\_\_\_\_ with her hands.
2. When throwing a football, the player should place her fingers on the \_\_\_laces\_\_\_\_\_ to get a good grip on the ball.
3. The defense must count to \_\_\_five\_\_\_\_\_ Mississippi's before they can cross the imaginary line of scrimmage.
4. When punting the football, it is important to hold the ball with the laces facing \_\_\_up\_\_\_\_\_.
5. Each team has \_\_\_four\_\_\_\_\_ downs, or chances, to progress the ball to the next bubble cone.

### MATCHING

Choose the correct definition for the following terms, and write the corresponding letter in the blank.

- |                                |   |
|--------------------------------|---|
| 6. ___b_____ Line of scrimmage | a. worth 6 points                                     |
| 7. ___c_____ Interception      | b. imaginary line that crosses the width of the field |
| 8. ___a_____ Touchdown         | c. when the defense steals a pass                     |

### TRUE OR FALSE

Please write TRUE or FALSE in the blank.

9. \_\_\_T\_\_\_\_\_ The quarterback is not allowed to throw the ball forward after crossing the imaginary line of scrimmage.

10. \_\_\_T\_\_\_ When catching a football below the waist, the player should put her thumbs together.
11. \_\_\_T\_\_\_ In the game of Touch Football, anytime the ball touches the ground it is a dead ball unless it is after a punt.
12. \_\_\_F\_\_\_ If I am right handed, I should take a step with my right foot when I throw the football.
13. \_\_\_F\_\_\_ When I am trying to stop the ball carrier, I have to touch her with one hand.
14. \_\_\_T\_\_\_ When punting a football, the player should kick the ball with her shoe laces.